

CORN CAKES WITH BLACK BEAN SALSA

From

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Ingredients:

½ cup cornmeal
½ cup flour
1/3 cup parmesan
1 ¼ tsp. baking powder
1 t. GOYA salt
½ t. GOYA pepper
½ cup milk
1 large egg
1 (8oz) can GOYA corn
1 (4oz) can GOYA diced green chilies
2 T. GOYA olive oil
½ cup GOYA salsa of choice
½ cup GOYA black beans (drained and rinsed)
Sour cream
Cilantro

Ingredients:

- Combine cornmeal, flour, parmesan, baking powder, salt and pepper in a bowl. Add in milk and egg. Mix well.
- Drain and rinse corn, green chilies. Add into mixture.
- Heat oil in a nonstick pan. Once heated place spoonfuls of mixture into oil about 2 inches apart. Cook until golden brown on each side and remove from pan.
- Combine Goya salsa, black beans and cilantro.
- Top Corn cakes with black bean salsa and sour cream.